

Measles (Rubeola) Outbreak Control

OUTBREAK ALERT

(College/University)

There has been at least one case of measles (also known as rubeola, red measles, or ten-day measles) on campus since _____ (date). These individuals may have exposed other students in classes and housing units, and there may be other cases unknown to the Student Health Service. Since the extent of exposure on campus is unknown, all students, faculty, and staff born after 1956 are advised to make sure they are immune to measles. Nearly all persons born in 1956 or earlier are immune because they had the disease, which was universal before the vaccine was introduced.

Measles spreads very easily by direct contact and by air. Simply being in the same room with someone who has measles is sufficient to become infected. Approximately ten days after exposure, measles produces a two-week illness: high fever, cough, runny nose, and/or red, watery eyes which are sensitive to light, followed in 3 days by a blotchy rash that starts on the face. Most students with measles are so sick that they miss at least a week of classes. One in every 20 cases develops pneumonia and, more rarely, serious, even life-threatening complications can occur.

Measles vaccine, which is ordinarily given combined with rubella and mumps vaccine (MMR) in a single shot, is effective and safe and two doses are recommended for students before entering college.

In view of the measles outbreak that has started on campus, the Student Health Service and the health department strongly urges that all persons – students, faculty, and staff – born after 1956 do the following:

1. Check your health records to see whether or not you have received two doses of measles – containing vaccine.
2. If you've never been immunized, were immunized only once, or aren't sure what your measles immunization history is, we strongly recommend that you get immunized now. A repeat immunization is not harmful to someone who already had the vaccine or the disease. Also, even if you think you may have had the measles disease, unless a doctor diagnosed you as having rubeola, or ten day measles, we recommend that you get immunized.

For immunization, come to the Student Health Service for the special Measles Immunization clinic:

(Put clinic location and hours here)

3. If you develop an illness with high fever (101° F or more), cough, runny nose or red eyes (with or without a rash) in the next four weeks you should:
 - a. Return to your local residence immediately and remain there until you contact the county Public Health Department for further instructions. It is important NOT to expose others.
 - b. Call the Student Health Service right away for advice. Call _____ (telephone number).
4. If you want more information, call _____ (telephone number).